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Our Heart "Beets" Plant Strong

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Plant Based Cobb Salad

w/ Tangy White Bean Dressing

Dressing Ingredients:

- 15 oz. can white beans (rinsed well)
- ¼ cup nutritional yeast
- ¼ cup apple cider vinegar
- 2 Tbsp tamari
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried dill weed
- ¼ cup water

Smokey Mushroom "Bacon":

- 1 pound white or cremini mushrooms, sliced
- 3 Tbsp tamari
- 1 Tbsp maple syrup
- 2 tsp smoked paprika

Salad Base Ingredients:

- 8 cups romaine or iceberg lettuce (can add in other greens as well for variety)
- 1 avocado diced
- 1 cup corn
- 1.5 cups grape or cherry tomatoes, halved
- ¼ cup red onion, diced

Directions:

1. *For the dressing* – add all ingredients to a high speed blender, blend and set aside in a bowl or jar.
2. *For the mushrooms* – in a large skillet, add sliced mushrooms, tamara, maple syrup and smoked paprika. Sauté until reduced and liquids absorb. This will take about 6-8 minutes. Set aside.
3. *For the salad* – prepare all veggies (more of your choosing can always be added or substituted) and for presentation purposes, arrange in a bowl in rows.
4. When ready to serve, top with prepared mushrooms and drizzle on dressing. *Enjoy!*